MAY 4 - 10, 2006

Healthy Families

Gov. Sonny Perdue

introduces

new health plan PAGE 3

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A day of absence

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THE ATLANTA & VOICE

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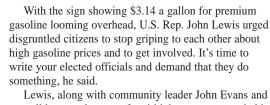
VOLUME 39

"A PEOPLE WITHOUT A VOICE CAN NOT BE HEARD"

theatlantavoice.com

Rep. Lewis: 'Fight high gas prices'

By Stan Washington swashington@theatlantavoice.com



Lewis, along with community leader John Evans and a small but vocal group of anti-high gas protestors held a rally at the Exxon station at the corners of Ponce de Leon and Memorial Drive.

It's time for Congress to stop paying lip-service and find a solution, Lewis told *The Atlanta Voice* following the rally. And despite the governing body being an oil-friendly Republican-dominated body, Lewis feels they can do something about high gasoline prices.

"Yes, they can do something, but there is a need for leadership and a willingness on the part of the leaders to take action. And not only members of Congress, but members of this (Bush) administration," Lewis told the Atlanta Voice following the rally.

Lewis suggested that Congress could start by holding hearings and subpoenaing the oil executives to come testify. He chided Bush administration officials who immediately took the side of the oil companies.

"Before any investigation is done, the administration says the oil companies are not ripping people off. But we need to know why the prices are going up sometimes 10 and 15 cents in three or four days," Lewis said.

In metro Atlanta, former DeKalb Commissioner John Evans has been leading the protest against high gasoline prices. Now president/CEO of an organization called Operation LEAD, Evans and other protestors last week called for a boycott of the top three oil companies, Exxon Mobil, Chevron and ConocoPhillips. The group asked motorists not to buy any gasoline over the weekend.

The group is also asking Gov. Sonny Perdue to suspend the tax on gasoline as he did for a short period last year.

Evans wants to see Congress step in and freeze prices

"I would like to see Congress institute a gas price freeze and then monitor it," Evans told *The Atlanta Voice*. "We need to put this on the same scale as health insurance, natural gas for homes, water and all of the things that are basic to human beings. Now driving cars is a necessity, driving to work to be able to provide for your family is a normal, natural thing. We need to have price controls."



FIGHT THE POWER: Georgia U.S. Rep. John Lewis (5th District), right, is calling on the public to get mad as hell and not accept high gasoline prices any more. In addition to asking the public to conserve more, Lewis is calling on citizens to write and call their elected officials and demand that they do something to not only reduce the high cost of fuel but to prevent it from spiking in the future. Lewis and other high gas protestors held a news conference at a gasoline station in Atlanta this week. (SW/AV)

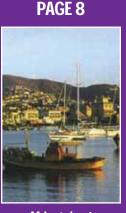
The boycott against the big three oil company will continue, Evans said, but it must spread across the country for it to be effective.

"We have to boycott these large oil companies everywhere until somebody hurts. There is no change until somebody hurts. We are just going to stay on the case until we get some action," he said.

The lowest price for a gallon of gasoline in metro Atlanta (May 1) was \$2.71. The highest for a gallon of unleaded gas was \$3.01.ExxonMobil, the world's largest

GAS PRICES CONTINUED ON PAGE 3

Ludacris wraps up the fashion industry



'Akeelah & The Bee'

spells

g-o-o-d m-o-v-i-e

Africa's best kept secret PAGE 11



Atlanta's own rapper/actor Chris "Ludacris" Bridges is expanding his empire by creating his own clothing line, CP Time (Chasing Purpose 'Til It Meets Existence).

By Robert Jeffrey II

Sean Jean, G-Unit Clothing, and Rocawear are just a few of the wide array of Hip-Hop urbanwear brands which have become prominent in today's fashion world. With ultimate success found in the music industry, more and more rap artists have parlayed their international fame into lucrative financial ventures, creating a host of clothing apparel companies for fans and fashion enthusiasts.

In keeping with this forward declaration of reaching the pinnacles of the business world's upper echelon, Atlanta-based rapper and actor Chris "Ludacris" Bridges has stepped onto the fashion industry stage, creating his own niche in this ever broadening field. In 1999, Ludacris and three other partners decided to undertake the task of creating a clothing line which as one release puts it, was "made for individuals chasing their dreams with style."

With the creation of CP TIME (Chasing Purpose 'Til It Meets Existence), the enterprising quartet is now seeking to make a full-court press within the fashion

industry, with the creative machinations of designer Blu Brewster in tow

On April 23rd, CP TIME made an appearance at the Atlanta Apparel Exhibition in hopes of presenting their line of clothes to an array of potential buyers. With a host of long-established urbanwear clothing lines including Phat Farm, ECKO, and FUBU in attendance at the event, Ludacris and company sought to further establish their foothold in this field. "It's kind of how I

LUDACRIS WRAPS UP CONTINUED ON PAGE 7

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Perdue introduces 'Georgia Healthy Families' health plan

By Dennis M. Byron Jr. Dbyron@theatlantavoice.com

Georgia Gov. Sonny Perdue has introduced a new health plan that he says will give families more

During a news conference last week at the Grady Memorial Hospital . Perdue said the new program Georgia Healthy Families through partner-

ships with private care management organizations (CMOs), members of Georgia's Medicaid and PeachCare for Kids programs will be given the authority to select health care providers to serve individual health care needs.

"Through Georgia Healthy Families, members have more choices when selecting the health care provider that best fits their needs," said Perdue. "Georgia Healthy Families will give decision-making

power and control to plan members, while at the same time stemming the spiraling costs of healthcare in Georgia."

"Through Georgia Healthy Families, members have more choices when selecting the health care provider that best fits their needs," Perdue said. "Georgia Healthy Families will give decision-making power and control to plan members, while at the same time stemming the spiraling costs of healthcare in Georgia."

Department of Community Health Commissioner, Dr. Rhonda Medows, and former U.S. Surgeon General and interim president of Morehouse School of Medicine, Dr. David Satcher were also present to show their support for the new plan that promises to serve particular needs of future Georgia Healthy Families members.

"In these weeks before the program is implemented, we are encouraging all members to call Georgia Healthy Families or visit our website [www.gahealthyfamilies.com] to get information on the plans and providers in their region and to make a choice for their care," said Medows. "We encourage our members to make a choice - about their health plan, their health care providers and their medical home."

Purdue went on to list the advantages of Georgia's new government healthcare program. The plan says by working with CMOs throughout Georgia, DCH will offer routine medical care, education, prevention programs and, as stated earlier, and choices regarding a health plan and primary care physician (PCP) to 1.2 million members of Medicaid and PeachCare for Kids.

Additionally, Georgia is projected to save approximately \$80 million under the Georgia Healthy Families program in the fiscal year of 2007

(FY2007). In a press release, it stated, "In FY2005, Medicaid accounted for 43 percent of all new state revenue. Left unchecked. Medicaid will consume 60 percent of all new state revenue by FY2011."

"The Georgia Healthy Families initiative will bring predictability to Georgia's health care budget. Giving people a choice of

private health plans is a more efficient way to deliver quality health care services to Medicaid and PeachCare members," Perdue explained.

Purdue also emphasized that members enroll in time for the program's implementation. June 1 is the deadline for the Atlanta and central regions of the state (see listings at their website). The remaining regions in the Georgia will begin implementation on September 1, 2006. Medicaid and PeachCare for Kids members who do not select a provider by the deadlines of their specific region will be enrolled automatically.

Members who still need to select their health plan can contact Georgia Healthy Families at 1-888-GA-ENROLL (1-888-423-6765) or visit the website. The website also states that members can enroll through their DFCS case worker, PeachCare for

Members will not have to pay more than they are currently paying for Medicaid co-payments or PeachCare premiums. Once enrolled, members will receive an identification card from their CMO. Medicaid and PeachCare for Kids members are the only recipients eligible for the existing and additional benefits of the Georgia Healthy Families pro-



Gov. Sonny Perdue poses with children after introducing his new state health 'Georgia Healthy Families' at Grady Memorial Hospital. (State of Ga)

The deadline to sign up for MEDICARE prescription drug coverage is May 15th. Everyone with Medicare is eligible for prescription drug coverage. And there is additional help for those who need it most. But please... don't wait any longer to pick a plan. Because you must sign up by May 15th for coverage in 2006.

Reason #1 to sign up for Medicare prescription drug coverage

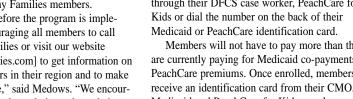
MedicareR,

Call 1-800-633-4227 TTY 1-877-486-2048 Visit www.medicare.gov

Plan now to protect tomorrow.

You will have your own good reasons for getting Medicare prescription drug coverage. So here's what to do

- Enroll now. Start saving money.
- Call 1-800-MEDICARE (1-800-633-4227).
- Choose the plan that works for you.
- Help a loved one or neighbor choose a plan.
- Sign up by May 15th.



Rep. Lewis: 'Fight high gas prices'

GAS PRICES CONTINUED FROM FRONT

oil company, had profits of \$8.7 billion the first quarter of this year off of \$89 billion in sales.

On Sunday, U.S. Energy Secretary Samuel Bodman warned on NBC's Meet The Press that gasoline prices could stay high for the next two or three years.

"Suppliers have lost control of the market," Bodman said in explaining the latest price spike. "Therefore demand exceeds supply."

Bodman added that another reason beyond the thirty economies of China, India and the U.S., the seasonal switch is from winter to summer gasoline grades are being made, which has resulted in some "dislocations" that have caused some

The high cost of fuel will not only affect how much you drive but also how much you spend for services and other goods.

CORRECTION: In the last issue of the Atlanta Voice, the caption under film director F. Gary Gray on page 8 said "S. Gary Gray" in the "Atlanta film festival promotes the emerging fusion of Hip-Hop and film" article written by Robert Jeffrey.



The Bulletin Board

Upcoming events and announcements throughout Atlanta

Compiled by Dennis M. Byron Jr.

Mini-medical school back in session at the Morehouse School of Medicine

The Morehouse School of Medicine (MSM) is hosting its third-annual Mini-Medical School. Noted Bariatric Surgeon Dr. Titus Duncan will present "Cosmetic Surgery: The Thin Line Between Health and Vanity." The theme for the mini-medical school, which runs April 25 to June 6, is "What Can You Do? Steps to a Healthier Community." Through six free interactive classes, the community will have the opportunity to learn more about health disparity issues impacting our nation. The mini-medical school takes place on Tuesdays from 7:00 p.m. to 9:00 p.m. inside the Auditorium of the Louis W. Sullivan National Center for Primary Care Building.

L'Oréal Paris "Makes-Over" Atlanta

For one week, The Mall of Georgia will be immersed in the "total beauty" experience, offering men and women of all ages the industry tips, techniques and top secrets of beauty professionals. To advise and educate consumers to the fullest, L'Oréal Paris launches the "Style Space," an elaborate series of interactive stations designed to give mall guests an in-depth and personalized look into the latest innovations from L'Oréal Paris. In addition to providing one-onone consultations and makeovers from L'Oréal Paris' elite team of experts, Style Space visitors will receive a personalized beauty routine and arsenal of products to take home. Monday -Saturday: 10:00 a.m. - 9:00 p.m., Sunday: 12:00 p.m. -6:00 p.m., at the Mall of Georgia, 3333 Buford Drive, Atlanta, Georgia

"Our Help In Ages Past: The Black Church's Ministry Among the Elderly" Workshop

A free workshop to equip the church in providing ministry to the elderly will be held on Saturday, May 6, 2006, from 8:00 a.m.-4:00 p.m. at The Greater Travelers Rest Baptist Church "The House of Hope" (2600 H. F. Shepherd Drive / Decatur, GA 30034). The keynote speaker will be Dr. Bobby Joe Saucer, a retired minister for The Ministers and Missionaries Benefit Board of the American Baptist Churches USA. For more information or to register, call The Greater Travelers Rest Baptist Church "The House of Hope" at 404-243-9336, or visit www.greatertravelersrest.org. The registration deadline is April 21, 2006.

Lecture by historian, world researcher, author and activist for Pan Africanism, Runoko Rashidi

On Sunday ,May 7, 2006, at 4:00 p.m., the community is invited to participate in the upcoming powerful and life transforming lecture on the African world experience by Runoko Rashidi at the Afrikan Djeli Center, located at 840 R. D. Abernathy Blvd. Mganga (Rev.) P.D. Mene-lik hosts and Pan African Minister, Dr. Leonard Kwaku Jeffries is the IAMU chief advisor. For more information, please call 404.753.8933/527.7756 in ATL. or 718.523.3312 at the Afrikan Poetry Theatre/Center for Culture

ADMISSION IS FREE, BUT FREEDOM IS NOT!

Imagine It! The Children's Museum presents: 'Take a Deep Breath!'

Imagine It! The Children's Museum of Atlanta presents "Take a Deep Breath!" - an exhibit that focuses on the environmental issue of clean air on view April 22 - June 18, 2006. Take a Deep Breath! is an informative, experiential exhibit that helps kids explore the components of clean air, what "air" is, and what it means when air is not clean. Imagine It! The Children's Museum of Atlanta is a family friendly space filled with interactive and educational exhibits for children age eight and under. Admission is \$11.00 for children ages 2 and above. Discounts are available for groups of 10 or more. It is located directly across from The Georgia Aquarium at 275 Centennial Olympic Park Drive. For more information, visit www.imagineit-cma.org or call 404-659-KIDS

The 17th Annual Malcolm X Festival

Join the 17th Annual Celebration of the life of El Hajj Malik Shabazz, Malcolm X, on Saturday, May 20, 2006. This is a tribute and celebration of Malcolm X's 81st birthday. This year's theme is "Defending human rights: From New Orleans to Atlanta and from New Afrika to Darfur." The event commences at 12:00 p.m. with a prayer and libations, and continues until dusk. There will be vendors, speakers and a host of other entertainment. Sponsored by the Malcolm X Grassroots Movement and Malcolm X Center. For more information about being a vendor, call 770.987.9390. For all other information, call 678.558.5291.

8th Annual Stork's Nest Blitz: Baby and Health Fair

In celebration of the 35th Anniversary of Stork's Nest, the Metropolitan Chapters of Zeta Phi Beta Sorority, Inc. is sponsoring the Eighth Annual STORK'S NEST BLITZ: BABY AND HEALTH FAIR. This event will take place on Saturday, May 6, 2006 at the Mall West End, 12 p.m. to 5:00 p.m. The Stork's Nest program is designed to increase the number of women who receive early and regular prenatal care so that more babies will have a healthy start in life. Stork's Nest provides incentives to help pregnant women make and keep prenatal care appointments. It also teaches expectant parents about healthy prenatal and infant care practices.

U.S. Postal Service letter carriers to collect food May 13 in over 10,000 cities throughout America

The National Association of Letter Carriers (NALC) will conduct its nationwide 14th annual Stamp Out Hunger! food drive on Saturday, May 13th. Stamp Out Hunger! Is the nation's largest single-day food drive and has netted well over a half billion pounds of food for the needy since 1992. Customers should leave their non-perishable food donation in a bag near their mailbox on Saturday, May 13, before their letter carrier arrives. Food collected during Saturday's drive will be delivered to local community food banks and pantries that serve the area where donations are collected, providing an opportunity for citizens to help needy families in their own communities.

According to America's Second Harvest,

nearly one in four people in a soup kitchen line is a child - 23.5 percent of kitchen client households are under the age of 18.

The 29th Annual Atlanta Jazz Festival

The Atlanta Jazz Festival, an annual musical showcase, celebrates jazz legends and up-and-coming jazz greats in venues throughout metro Atlanta May 1st through May 31st, 2006 and culminates in a 3-day music festival on Memorial Day Weekend at Piedmont Park. For more information on the Atlanta Jazz Festival, call the information hotline at 404.853.4234 or visit the website at www.atlantafestivals.com.

Free Vision Screenings for Children and Adults

At the MetroPCS West End on May 6, 2005, 12:00-4:00 p.m., there will be free vision screenings for children and adults. With your help, Prevent Blindness Georgia can decrease the number of preventable vision problems in the West End. For more information about Prevent Blindness Georgia, call 404.266.0071 or visit http://www.pbga.org

UUMA hosts the 6th Annual Citywide Singles Memorial Weekend Bash

The United Unmarried Ministries of America, Inc. known as UUMA, will be hosting its 6th Annual Citywide Singles Memorial Weekend Bash on May 26-29. The event will kick off on Friday, May 26th with the Citywide Softball Game, Saturday evening will host "Just Coolin" under the Starz" - an outdoor Jazz fellowship. On Sunday evening, there is a special singles evening worship service being held in downtown Atlanta. The weekend culminates on Monday, May 29th with the

Memorial Day cookout. To register your single adult ministry, singles group or church, contact UUMA at 770-492-2907 or email at: uuma@uuma.net.

Announcements:

Spellman College announces \$7 Million for scholarships at 125th Anniversary Signature Event

Spelman College held its 125th Anniversary Signature Event on Monday, April 10, including a series of gifts totaling \$7 million for need-based scholarship support. Spelman College President Beverly Daniel Tatum announced that trustee Ted Aronson, and his wife, Barbara made a gift of \$5 million.

Ten scholarships a year will be targeted for admitted students with financial need from Atlanta, with preference given to those graduating from the Atlanta Public Schools. Scholarships will also be awarded to students from other regions of the United States. These recipients will be recognized as Jonathan Smith Scholars in honor of a long-serving and dedicated trustee.

For more information regarding Spelman College, visit www.spelman.edu.

Atlanta Urban Debate League inaugurates Beverly L. Hall Administrator of the Year Award

The Atlanta Urban Debate League (UDL) has awarded APS Superintendent Dr. Beverly L. Hall its first annual Administrator of the Year Award – and named the award in her honor. Eight APS schools, four students and two teachers were also honored as award recipients at the UDL's annual banquet at Emory University Sunday night.

WARM-LINE



FOR GRANDPARENTS AND OTHER RELATIVES CARING FOR CHILDREN

- Are you a grandparent or other relative raising a child who is not your own and wonder where to turn?
- Are you struggling with the challenges of raising children after you thought you were through?
- Would it help to talk to someone who is facing the same challenges?
- Are you interested in participating in a Support Group? If you answer "yes" to one of the above then we want you to call, walk in or email us. Get help from grandparents who have made the first step to a better life.

Helene Mills Senior Multipurpose Facility 515 John Wesley Dobbs Ave., Atlanta Mondays and Thursdays 9:00 am to 4:00 pm

CALL 404-523-6305

OR EMAIL aarp.warmline@co.fulton.ga.us









Duke: 'High-tech lynching' of alleged victim intensifies

By Cash Michaels NNPA special to the Atlanta Voice

In what the African-American community termed the media and defense attorneys' "high-tech lynching" regarding the black female alleged victim in the Duke lacrosse gang rape case, it continued this week with defense motions seeking to portray her as a dishonest drug addict and alcoholic with a criminal past.

"From the beginning, we demanded that the defense lawyers had a community responsibility not to demean the accuser in public, which only incites passion," North Carolina NAACP president Rev. William Barber told a mass church meeting last week. "This case cannot be decided between the front page and the sports page of the newspaper. It must be decided, after careful presentation of all the evidence, by the judge and the jury."

This stems from reports of death threats against the 27 year-old mother of two, black college student and U.S. Navy veteran after her name, address and pictures were widely disseminated on the Internet. Her family says she is so frightened, she screams when she sees white males and has threatened to withdraw her complaint so she can go on with her life

Sources confirmed that famed litigator, attorney Willie Gary of Florida, has met with the parents of the victim to offer his services as a legal advisor and advocate. The woman is reportedly so frightened, however, that she will not come out of hiding with her children to meet with Gary, Rev. Barber, or any of the other black leaders who have sought to help her.

Her family says she is so embattled at this point, that she trusts no one. But for now, she will testify if, and when the case goes to trial.

Last week, Duke lacrosse players Colin Finnerty, 19, of Garden City, NY; and Reade William Seligmann, 20, of Essex Fells, NJ; were indicted by a grand jury for first -degree sexual offense, first-degree forcible sexual offense, and first-degree kidnapping after being identified by the alleged victim as two of three white male lacrosse players she says brutally beat, kicked, strangled and sodomized her at a wild off-campus party the morning of March 14. A third unidentified suspect is expected to be indicted by May 15, when a second set of DNA results, and the next court hearing in this case, are expected to occur. If convicted those felonies carry a minimum of 12 years in prison each.

Both Duke sophomores, who have since been suspended from the elite university, were arrested and brought to the Durham County Detention Facility in handcuffs. But before noon, Seligmann and Finnerty met the \$400,000 bond each imposed by a judge and were released. Their attorneys claim they are innocent, and have a timeline, alibis, documents and witnesses they say prove neither was at the party at the time the accuser alleges the assault occurred.

Durham District Attorney Mike Nifong, who is personally prosecuting this case, counters that a rape examination of the victim done at Duke Medical Center that morning revealed evidence of bruising "consistent"

with a brutal sexual assault, with the most likely place it happened at lacrosse team party.

Sources say there may also be a toxicology report that shows evidence of a date rape drug in the victim's system. The second woman who was hired to dance at the party along with the accuser has alleged that a drink given to the woman may have been spiked, because her perfectly sober demeanor when they arrived changed dramatically, deteriorating into an incoherent stupor that went well beyond being drunk.

If D.A. Nifong has that evidence, and has connected it to the party, that could be his ace-in-the-hole, along with other unpublicized evidence, to prove the alleged victim's story.

Because only three of the 47-member Duke lacrosse team have come forward to talk to police, Nifong has reinstituted previously deferred misdemeanor charges for public drunkenness, public urination and noise violations against players who can't prove they were not at the party. The move is seen as a squeeze play to break the lacrosse team's wall of silence that's been in place since the beginning of the case.

But defense attorneys who, with the help of zero positive matches from the first set of DNA tests, maintain that a rape at the party never happened, are fighting back.

Motions were filed in Durham County Superior Court this week by Kirk Osborn, attorney for suspect Reade Seligmann, requesting that D.A. Nifong hand over any and all records relating to the alleged victim's past.

"This request is based on the fact that the complaining witness has a history of criminal activity and behavior, which includes alcohol abuse, drug abuse, and dishonesty, all conduct which indicate mental, emotional and/or physical problems, which affect her credibility as a witness," attorney Osborn alleged in court papers.

The only known criminal charges the alleged victim has stem from a 2002 incident involving a stolen taxi and subsequent police pursuit. The charges were knocked down to misdemeanors, and she was ordered to pay \$4,000 restitution and spend six days in jail, which, according to her attorney at the time, she did.

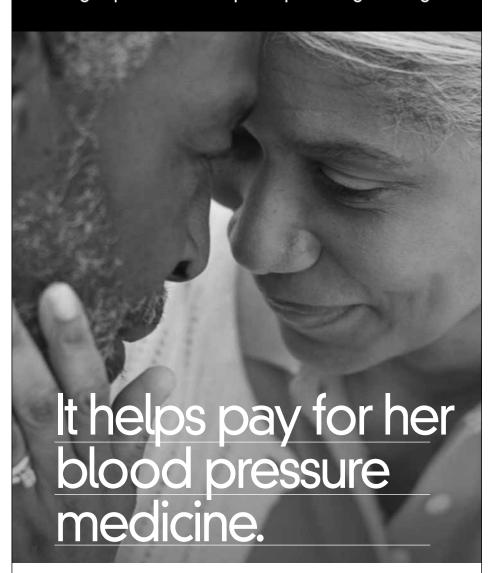
Osborn also asked for the accuser's records from Hillside High School, and North Carolina Central University, where she is a 3.0 second-year student studying in the criminal justice program.

In an unrelated matter, the other rape suspect, Colin Finnerty, will now have to stand trial in July for a misdemeanor assault on a Washington, D.C. man last November. The man said Finnerty and two friends began punching him in the face and body on the street for no reason, calling him "gay and other derogatory names."

If Finnerty had performed 25 hours of community service in the D.C. area and stayed out of trouble, the simple assault charge would have been dropped this September. But this week, a D.C. judge tossed that deal out, saying that because of the Duke felony charges, Finnerty violated that agreement, and now be tried. His attorneys claim he is innocent.

Reason #14

to sign up for Medicare prescription drug coverage



High blood pressure can require expensive medicine. Medicare prescription drug coverage could cut the cost of your high blood pressure medicine and other drugs. Everyone with Medicare is eligible. And there is additional help for people who need it most.

Medicare drug coverage starts January 1, 2006. You will have your own good reasons for getting coverage. So here's what to do.

- ${f ilde{ }}$ Watch your mail for information about Medicare ${f R}_{\!_{\! X}}$ prescription drug coverage.
- Choose the plan that works for you, including drug coverage, pharmacies and monthly payments.
- Sign up between November 15, 2005 and May 15, 2006.

Plan now to protect tomorrow.





To learn more, call 1-800-633-4227; TTY 1-877-486-2048. Visit www.medicare.gov





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The opinions expressed represent only those of the columnists and not The Atlanta Voice

Another 'Day of Absence'

By George E. Curry NNPA

It's no secret that oppressed groups in the United States and abroad -- including women, the physically challenged, gays and lesbians and Latinos, among others - have borrowed the tactics of the modern Civil Rights Movement to advance their cause. And most groups are quick to acknowledge that debt to Black America.

But Monday's "Day of Absence" by Latinos took it to a new level, "Day of Absence" was the title of a 1965 play by Douglas Turner Ward, founder and artistic director of the Negro Ensemble Company. The play, set in a small community in the South, explores what would happened if all of the town's Black disappeared for a

So when I heard Hispanics discussing "a day of absence," I realized that they had not only studied the Civil Rights Movement, they had paid attention to every detail. Evidently, they know about a play that many African-Americans are unfamiliar with. I ain't mad at 'em, as we like to say, but I am impressed that they had really did

Initially, Monday was to be a day that Hispanics boycotted work, stayed out of school and refused to go shopping in order show the importance of Hispanics to the American economy. However, that was modified because of dissention over whether undocumented workers would risk losing their jobs and keeping students out of school would send the wrong message.

The League of United Latin Americans (LULAC), one of the key organizers, helped revamp effort.

"We are asking individuals to keep from spending a penny that day," LULAC National President Hector M. Flores said in a statement. "We are also asking students to stay in school on that day and not make any purchases. We do not want children out of school or people missing work without permission from their employers. We ask that people be disciplined and responsible and to show our respect yet make a clear state-

Monday was also International Workers Day, a holiday that began in the 1880s. Flores said it is celebrated in every country except the U.S., Canada and South Africa.

In making the case for a sensitive immigration policy, Latino leaders point to a UCLA study by Raul Hinojosa that shows the combined value of undocumented immigrants labor, stimulus to the economy and taxes exceeds \$890 billion a year. According to the study, those immigrants use only \$43 billion in public services annually, most of it in education and emergency care.

"Undocumented immigrants contribute about \$850 billion more per year than they cost –a huge net gain for the United States," said Brent Wilkes, national executive director of LULAC. "It's about time that we provide a legal avenue for them to come here in recognition of their tremendous contributions to our country.'

While Monday's modified "Day of Absence" was met with mixed results, there is no doubt that Latino street demonstrations in more than 75 cities on April 10 showed that old civil rights tactics can still be effective. I emphasize the word can. Sadly, on the same day at least 500,000 were marching in Los Angeles, less than 10,000 - possibly less than 5,000 – African-Americans were marching in New Orleans to protect the voting rights of displaced residents. Even with Jesse Jackson, Al Sharpton and the heads of the NAACP and the National Urban League present, the turnout was a disappointment. If we can't do any better than that, it's time for Act II.

I don't have all of the answers and don't know what should constitute Act II. That should be a community decision. But I do know what it should not be: it should not be an over reliance on press conferences and street demonstrations. We shouldn't rule demonstrations out, but we should use them more sparingly. It's time to develop some different approaches. Let's face it: There is an eagerness on the part of many to focus on the growing Hispanic population and ignore the longstanding needs that Blacks are entitled to. It is our job, however, to stand up and be counted. This is not about being the flavor of the month, but, as Dr. Martin Luther King put it, collecting on the bounced check, marked insufficient funds, that our nation has given its Black citizens.

As we attempt to collect on this overdue check, I guess Act II means not waiting on another Martin Luther King Jr., Malcolm X, Whitney Young, Roy Wilkins, Huey P. Newton or Stokely Carmichael. Act II can begin by doing what we can do as individuals and groups to uplift the people who need it most. Sometimes that might be through organized civil rights groups and at other times it may mean an individual act. Whatever we do, we can't afford to be absent from the struggle.

George E. Curry is editor-in-chief of the NNPA News Service and BlackPressUSA.com. To contact Curry or to book him for a speaking engagement, go to his Web site, www.georgecurry.com.

Child Watch

A difficult school year for Katrina's survivors

By Marian Wright Edelman

(NNPA) -A three-by-four-inch picture postcard and a small trophy are all that remain of Montrelle's large collection of dance and academic awards, Hurricane Katrina's floodwaters broke or twisted or scattered everything else.

"In a way I want to go home, but it's not really much to go back to right now," says Montrelle, a pleasant, well-spoken 14-year-old who had just started classes at her dream school when the hurricane struck. An excellent student, Montrelle had won an academic scholarship to St. Mary's, an allgirls Catholic school in New Orleans. "Ever since I was a little girl, I had wanted to go to St. Mary's," she recalled. "I was so happy when I got there. I had just made the dance team. The week the storm came, we were going to start practice."

But two days before Katrina turned on New Orleans, Montrelle, her mother, Cheryl, and little sister, Maliyah, loaded the family car and drove west. Chervl's sister worked at a New Orleans hotel and her boss found a hotel room for the young family in Houston. Not long afterward, FEMA placed the family in a tidy, modern apartment in southwest Houston, one of the city's high-

"It's all right living here," Montrelle said.

"What I worry about is the school system and the courses. They can't tell me whether my credits will transfer when I go back...No one can answer that for me." Montrelle misses performing as a New Orleans Hornets' basketball "Stinger," an elite troupe that entertains fans at halftime. And she misses her friends. "Usually, in New Orleans, your friends live five to 10 minutes away from

you. Now, they're all in different states."

While Montrelle and her mother fret over the academic implications of moving from New Orleans to Houston and — they hope — back again. Cheryl expresses confidence that Montrelle. always a go-getter, will prevail. In another Houston apartment, Carolyn, another mother from New Orleans, is more concerned about her son,

In their home, they count on it like clockwork. Thursday is fight day. Four days into the school week and, at Kashmere High School in Houston, the local and New Orleans kids collide. The weekly bouts have led to suspension or expulsion for several of the two dozen students who fled The Big Easy and landed at Kashmere. Christopher, 16, worries that he could be next.

"I want to get out of Kashmere," he says, solemnly. "They always fighting at Kashmere."

Each side blames the other for the tension and violence. Christopher says the Houston kids "don't like the way we talk" and taunt the New Orleans evacuee students about their clothes, many of them hand-me-downs since most families fled the disaster with nothing. So far, Christopher says, he has managed to avoid coming to blows, but admits it's getting harder, not easier, and adds pointedly, "I ain't scared."

From the looks of it, he's not happy either. Christopher doesn't smile. He wishes aloud that he could transfer to another school; he shrugs off questions about how he's doing, conceding only that he misses his house in New Orleans and his old friends. He is also uncertain about things getting better with time. People in position to make a difference have let him down, he says, claiming the newcomers no longer feel welcome but resent-

Carolyn, Christopher's mother, says she is prepared to make a permanent home in Houston, mainly because there's nothing to return to in New Orleans. She is confident she will find work and that life for the family will improve. But she hopes things settle down quickly for Christopher. He used to be a decent student and never had trouble in school, she said. Now, he's beginning to falter. "Every week — every Thursday — I have to go up to the school. Why? Houston kids want to fight the New Orleans kids," Carolyn said.

Then a broad smile erupts. "Today was a blessed day," she says, "because, guess what? It's Thursday and we didn't have to go to school.'

Christopher and Montrelle are just two of thousands of students affected by Hurricane Katrina who are struggling to fit into new schools and keep up with their studies at the same time that they try to adjust to everything else in their lives that has been uprooted. We need to ensure every child in Katrina-affected states a quality public education and after-school and summer educational supports to help them make up for lost time and overcome previous and continuing educational dis-

The Children's Defense Fund is operating emergency CDF Freedom SchoolsTM programs to help provide homework help, reading enrichment, and art and music to children affected by the hurricanes. For a copy of CDF's report Katrina's Children: A Call to Conscience and Action and to learn more about Freedom Schools and other ways you can help, visit http://www.childrensdefense.org/.

Marian Wright Edelman is President and Founder of the Children's Defense Fund.



'NEWSMAKERS Live!' returns to Maestro's with new team

By H. Futrell Special to The Atlanta Voice

"NEWSMAKERS Live!", a year-old, biweekly political soiree featuring live musical entertainment and even livelier wordplay on pertinent issues of the day, is returning to Maestro's at Castleberry, Atlanta's newest and nicest event facility located at 170 Northside Drive.

"NEWSMAKERS Live!" was successfully launched as a meaningful media entity at Maestro's and its plethora of patrons have been passionately pushing for the event to go back to that facility. It was and now will again be a winning combination.

"With its high-tech look and advanced audio/visual capabilities, Maestro's is the quintessential location for our new focus of filming and streaming to our website," says executive producer Jim Welcome. "Maestro's has a new general manager in the person of Milton Goines and a new direction for its restaurant and club venue. In keeping with our policy of using African-American-owned establishments that provide high-quality service, we are proud to say that we are returning."

The "NEWSMAKER'S Live!" team, which includes Emmy-award winning journalist Maynard Eaton, moderator and editor of

"NEWSMAKERS"; filmmaker Bobby Peoples and the Robertson Media Group, handling filming and direction; Daniel Fowler's American Technologies, handling and managing IT issues, has been warmly welcomed back by Maestro's owners Mike Martin, Herman Russell and James Paschal.

"We're happy to welcome back Jim Welcome and his "NEWSMAKERS Live!" soiree and journalistic talent," says Martin. "We look forward to a long and fruitful relationship because we certainly have the utmost admiration for the level of programming and patronage they bring to our Maestro's at Castleberry family."

Adds Welcome, "We now have the team and the facility we need to bring black opinions and black newsmakers to the world. The Atlanta Voice newspaper, our media partner, represents the best of black journalism as one of the nation's premier African-American publications. Our return to Maestro's comes at a providential time in our development and maturity because 'NEWSMAKERS Live' and the Newsmakers Journal is fast becoming a credible information and networking source throughout the urban landscape nationally. Information, opinion, and direction straight from 'the horse's mouth' create real credibility and that allows the people to make real choices."

Ludacris wraps up the fashion industry

LUDACRIS WRAPS UP CONTINUED FROM FRONT

like started in the music game, and I did it independent," Ludacris said, explaining why he got started in this venture. "I'm kind of like starting off and paying for my own clothes so that I'll know that I'll get one of those great deals out there and not just sell my name and likeness just for endorsing certain clothes.

"This is actually my product, my brand; something we've been working with for a long time. So of course we're trying to get the buyers. We have a manufacturer. We're just trying to get orders" he continued

In explaining the focus for the fashion line, designer Brewster stated, "What we're trying to do is the urban contemporary line. We're trying to catch all the suburban cats, as well as the hood cats/ street cats. So we're trying to infuse those two elements together where you'll have your basic polo and then you can have your premium denim jeans." Brewster concluded, "And all at the same time we're trying to make it affordable. Everybody can't afford those ninety dollar jeans. We want to be able to provide a quality product at a reasonable price."

Turning to specific features of the clothing line, Ludacris remarked on what seems to be a seminal focus of the line - the idea of individuality.

"It's important because if you break down the meaning, it means 'Chasing Purpose 'Til It Meets Existence.' So that's CPTIME for everybody that's chasing their goals and chasing their dreams and you know everybody out there has a dream and its just about chasing it until it meets existence," Ludacris stated.

"So its just really that thing for young entrepreneurs or just entrepreneurs in general, of all ages, of all ethnicities. I think that's what's important about the brand. It makes a statementindividuality and just that drive of self motivation. That's what it's about." Brewster expanded on this point by adding, "That's (individuality) key in the market today. We want to be in the difference of expression. Everybody tries to be different. We're trying to express that it's ok to be different. Be the individual that you are because that's the beauty of it. We're not all alike. We have different tastes and different styles. And that's what we try to represent in the clothes."

Another key point of the brand includes the title of the clothing line. "CPTIME" has often been associated with the negative stereotypical phrase, "Colored People Time." Ludacris and his associates have chosen to "flip the script" for a more positive look at the name.

"We flipped the meaning. We take a negative and make it a positive," Ludacris explained. "That's what life is about. You hear the expression all the time, but we're just flipping the meaning of it. I think that's what we need to do."

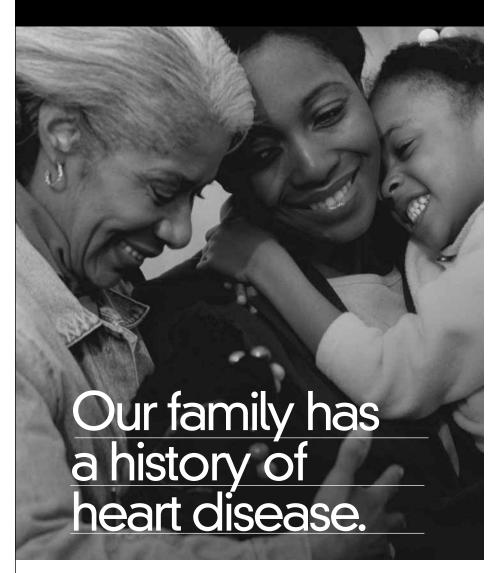
Brewster further added, "We always had the name, but we didn't have that substance behind that name. Now we do have that substance because of what we went through, we lived it, we breathed it and we chased this dream."

When asked what he would like for potential buyers to take from the title, Ludacris answered, "I would want them to be self motivated and have that drive. There are certain things out there that make you want to get on your job so (CP TIME) will be a constant reminder when you're wearing these clothes to go chase your dreams."

Regarding the movement of black entrepreneurship with this new business venture, Ludacris gave his perspective on the trend. He said, "I just want to remind those that you can do whatever you want to do in life as long as you put you're mind to it. It's a world of opportunity. We live in America."

With the introduction of this trend-setting and stylistic clothing line, Ludacris, Brewster, and the other creative heads of CPTIME look set to firmly establish themselves within the fashion arena. And in their minds, they are right on time.





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LIFEStyle

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The Wire: Arts and entertainment news, see page 9.

Travel: Africa's best kept secret, see page 11.

Keke Palmer (Akeelah Anderson) shines in the film. (Photo credit: Saeed Adyani)

oing against the grain is not typical in today's Hollywood, especially when it comes to African-American films. But the April 28 release of *Akeelah and the Bee* starring Angela Bassett, Laurence Fishburne and Keke Palmer is atypical for all the right reasons. In a time when education appears to have fallen as a major priority in African-American communities across the nation, *Akeelah and the Bee*, a film about an 11-year-old girl from Los Angeles whose goal is to make it to the Scripps National Spelling Bee in Washington DC, is a much-needed reminder.

Some good deeds are often due to circumstance chance and that is truly the case for Doug Atchison, the film's writer and director. An avid sports fan, Atchison, who is white, stumbled upon the story. While surfing the channels during a basketball game, Atchison discovered ESPN's first broadcast of the Scripps National Spelling Bee. That was in 1994. Initially, he teetered with several scenarios before deciding that a story about an 11-year-old African American girl who overcomes tremendous odds to dream of becoming the nation's top speller was the winning combination. Industry experts agreed when his script won the 2000 Nicholls Fellowship, one of Hollywood's top honors. While many studios courted him, Atchison questioned their intentions

"[It] became clear that a lot of people in Hollywood - a lot of studios - didn't want to actually tell the story that I wrote," Atchison explained during an Atlanta promotional stop for the film. "I stayed on board as a director not just because I thought I would do a good job, but because I wanted to protect the nature of the film and keep the characters as the people that I wrote."

Finding Akeelah (an Arabic name usually spelled "Akilah" which means "intelligent," "logical" and "one who reasons" according to www.ummah.net) was a difficult process. Yet, Keke Palmer bested a field of 300 girls and survived six auditions to become Akeelah, a remarkable accomplishment for a young lady whose first major role was playing Queen Latifah's niece in 2004's *Barbershop 2*.

'Akeelah and the Bee'

buzzes the right message

By Ronda Racha Penrice

Encouraged by the many positive responses Palmer received from that experience, she and her family wisely decided to relocate from the Chicago area to Los Angeles.

Although Palmer most recently played the wayward foster child Madea sets straight in *Madea's Family Reunion*, her star shined bright early on. In addition to landing a recording contract with Atlantic Records, Palmer was



Keke Palmer (left), writer-director Doug Atchison and Angela Bassett on the set of 'AKEELAH AND THE BEE.' (Photo credit: Saeed Adyani)

nominated for a Screen Actors Guild award, a NAACP Image Award and a Young Artist award for her role opposite William H. Macy in the television film *The Wool Cap*.

"She understood the part. She understood the intentions of the character. She understood who the character was and she understood the other characters," stated Atchison as he reflected on what set Palmer apart from the many other actresses. "She was ten at the time. Here was this ten year old who I realized had the depth and the intuition as an actor and the instincts [to make our work together a collaborated effort] where we could talk about the character, what the character was doing [and] who she was."

For Palmer, *Akeelah and the Bee* reflected what she wants to accomplish as an artist. "It was inspiring and I want to inspire people," she shared. Already, she's taken that mission seriously and even served as the California Read Across America honorary chairperson. She has even predicted that there will be even more media coverage of spelling bees because of *Akeelah and the Bee*.

It's the film's sense of community that attracted

Laurence Fishburne, whose double turn as star and producer helped get the project made. "This young lady does not think highly of the place she comes from," remarked Fishburne, who plays "Dr. Larabee," a college professor and one-time spelling bee success story who still lives in Akeelah's neighborhood. "Then she begins to learn through her experience that, in fact, she does come from a very tight-knit supportive and concerned community. People do care, love and support her."

While it's no secret that children who receive love and support tend to do well academically, when it comes to African-American children - especially little girls - Hollywood has rarely stepped to the plate. "I made the film for everybody," Atchison declared, "but I really made the film for kids who don't often get to see themselves portrayed on the big screen as well."

And that has to spell success.



Dr. Larabee (Laurence Fishburne) helps Akeelah (Keke Palmer) prepare for the big event. (Photo credit: Saeed Advani)



ATLANTIC STATION CONCERT SERIES

Songwriter/singer Anthony David will kick off the first Atlantic Station concert series SummerSounds, Saturday, May 6, 6 p.m. The public is invited to bring blankets out to this free concert series each Friday and Saturday, from 6 to 8 p.m. The series will feature jazz and pop artists. Next Friday, May 12, Adam James & The Revelations will perform and Soulhound will perform Saturday, May 13. The series will run through May.

NEWS NEWS

The Wire

Art, entertainment, media, Internet and events

By Stan Washington swashington@theatlantavoice.com

Jazz, cars, TV and music 31 days of jazz underway in Atlanta

The Atlanta Jazz Festival is into its second week of 31 days of jazz and there is a ton of music still to be heard around metro Atlanta leading up to the final concerts at Piedmont Park, Memorial Day Weekend.

The main highlight this weekend is the Saturday (6th) performance of vocalist Marlena Shaw with the Clark Atlanta University Jazz Orchestra on the campus under the stars. The show begins at 8 p.m. and the gates open at 5:45 p.m. Tickets are \$60 per person and benefit the school's art scholarship program. If you haven't been before it is a nice alternative to going to Chastain Park Amphitheater. It's all table seating. No lawn. For more details call 404.577.8677. www.cau.edu

Look for jazz Friday (5th) at Atlanta City Hall East, Camille's, Fernbank Museum and at Eyedrum. On Saturday (6th) try Endenu, the Green Market and Café 290. On Sunday (7TH) check out the Waverly Jazz Brunch and a tribute to Nina Simone at the Hammonds House in West End. Later in the week on Friday (12th) check out jazz again at Fernbank, Callanwolde and Café 290. On Saturday, (13th) jazz comes to The Jonesboro Greenhouse, and under the stars at the Carter Center.

The next Chastain Park Amphitheatre Show (26th) will feature the legendary George Duke and Stanley Clarke of the Clarke/Duke Project. For the complete schedule go to: www.atlantafestivals.com.

BET offering two new shows

Often criticized for its lack of news and public affairs programming, Black Entertainment Television debuted two new shows last week, "The Chop Up" and "Meet The Faith."

BET says "The Chop Up" promises a weekly dissection of the places, people and issues of close connection to the African-American community. The top-shelf happenings in the world will be delivered in fast-paced, informative chunks under the skillful guidance of host tandem Jeff Johnson and Jina Johnson; with street-wise Samson roaming the community for an up-close sense of what's on the minds of BET viewers." The show airs at 11:30 a.m. and 8:30 p.m. on Sundays.

"Meet The Faith" will use its prism of morality and spiritual perspective each week with a lively roundtable discussion of current events. CNN's Carlos Watson, steps into the talk show host role with an unexpected blend of guests and unusual topics. "Meet The Faith" premieres on Sunday, May 7 at 11 a.m. ET/PT, followed by "The Chop Up" in its regular timeslot of 11:30 a.m. ET/PT. Both shows will get Sunday night encore showings at 8:00 and 8:30 respectively.

The Atlanta Auto Show's last weekend

Over the past decade The Atlanta Journal Constitution Auto Show (Georgia World Congress Center, Hall B) has grown to become one of the top auto shows in the country behind, Detroit, New York, Miami and Los Angeles. A couple of years ago the show expanded to run nine days through two weekends. With petro now at \$3 a gallon, shopping for that new vehicle makes it even a better way to compare your choices up close and personal.

Among the 2007 pre-production vehicles scheduled to be on display: Audi Q7, Cadillac Escalade, Chevrolet Tahoe Suburban, Chrysler Aspen, D Caliber, Dodge Nitro, Ford Edge, Ford Expedition, GMC Yukon Denale, Honda Fit, Hyundai Fe, Infiniti G35, Jaguar XK, Jeep Compass, Jeep 4 DR Wranger, Jeep Patriot, Lexus ES 35, Lexus GS 450H, Lincolm MKX, Mercedes GI, Nissan Versa., Pontiac Solstice GXP and the Toyota Yaris.

Admission is \$10 for adults and \$5 for kids 12 and under, but look for the discount coupons. Also take MARTA because the parking lots around GWCC always increase the price during the show. www.ajcautoshow.com.

New Product from: Teddy Pendergrass, Too Short, Rasheeda and Incognito

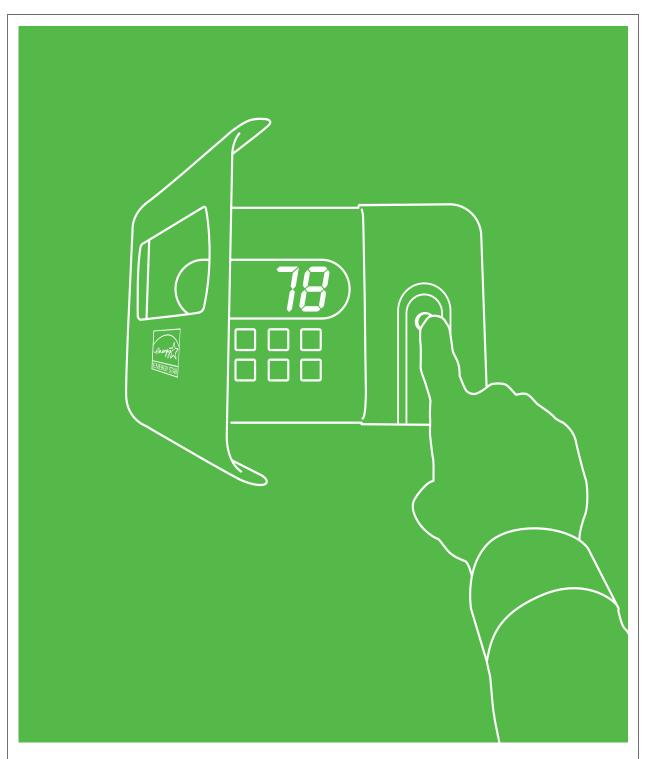
Remember when Teddy Pendergrass was R&B's heartthrob? Women would throw their unmentionables up on stage during his performances. You can relive that time with the new live concert DVD, "Teddy! Live in '79" (Shout! Factory). The show was filmed at The Sahara Hotel in Lake Tahoe, Nevada. He performs hits from his first two solo albums. A bonus feature is an in-depth interview with Pendergrass recorded in 2002.

Incognito, the jazz-soul fusion group never makes the hot rotation on urban radio. They never have the hot video on BET or MTV. But they have built a loyal fan base who keeps them working year round for the last 25 years. The UK group's latest CD is called "Eleven" (www.naradajazz.com). But if you are an Incognito fan you already know that.

Too Short is one of those rappers who although has that bad-boy

image, he has managed to keep his name out of the headlines over stupid stuff. (I hope I don't jink him.) He just goes quietly about his business making music. His latest single is called "Blow the Whistle" from his upcoming 16th album, "Up All Night" scheduled to be release in June. Short also is featured on Kelis' new single, "Bossy"

Sexy Atlanta-based rapper and WVEE V-103 radio personality Rasheeda is proud of her latest album, "Georgia Peach." The lead single is "Touch Ya Toes," an upbeat piece to get people on the dance floor. Lending her a hand on the project were artists Akon, Jodi Breeze, Jasper, Gangsta Boo, Diamond and Princess of Crime Mob, Kalenna and Pastor Troy.



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It's a stampede to offer Web-delivered video - with some stumbles

By Frazier Moore AP Television Writer

NEW YORK - Here is a moment to marvel at.

Half-century-old episodes of ``I Love Lucy" are now available on Google's new Video Web site for a nominal charge to my credit card, to be viewed on my computer any time I wish. Amazing!

Understand: This is the ``I Love Lucy" I saw as a child when it aired, brand-new, at 9 p.m. Mondays on CBS, flickering on my family's black-and-white TV. Not to belabor the obvious, but that was long before the Internet, home computers or even charge cards.

A breakthrough like this makes me stop and wonder how people will experience ``I Love Lucy" 50 years from now _ maybe some sort of patch?

And I must admit: Accompanying the thrill I get from cool new media, I feel the intermittent pangs of an identity crisis. After all, I claim to be a TV writer. But what does "TV" even mean anymore? So who am I becoming?

It's no news (though it's in the news daily) that TV and the PC have found their point of intersection, and are milking it for all it's worth. The boundaries continue to dissolve as ``TV-watching" is refashioned into ``PC-watching."

The long-prescribed role for the audience is breaking down. Now viewers can also be interactors, contributors, producers (not to mention critics).

Will the circle be unbroken? "By and by" seems a pretty safe bet.

The YouTube Web site, with the slogan `Broadcast Yourself," is already scoring plenty of attention and mouse-clicks with its thousands of contributed video clips (including

"Cockroach-Controlled Mobile Robot" and "The Easter Bunny Hates You").

Likewise free for the viewing are video clips from bona fide professionals. For instance, standup comedy and excerpts from "The Daily Show" await us on Comedy Central's site, just to name one from the dozens of such Web destinations.

For something a little more sober minded, we can view the full ``NBC Nightly News with Brian Williams" online, as soon as three hours after its broadcast. Imagine! Cyberspace delivery of one of TV's oldest, most enduring institutions: the dinner-hour network news.

Or, for a newfangled information product, CNN's Pipeline plugs each subscriber into four simultaneous video streams - some of it live, some of it taped pieces or raw footage - to access at will. (Launched late last year, Pipeline costs \$2.95 per month.)

There's nothing less than a stampede to bring new video content to the Web. As just one example, NBC has announced for this summer an online music-competition series, ``StarTomorrow."

And recently the Los Angeles Times reported that ``Steven Spielberg, actor-producer Ashton Kutcher and reality TV impresario Mark Burnett are just a few of the Hollywood heavyweights trying to develop new programs for the Web."

But few new-media announcements have packed the punch of ABC's plan to put old-media shows, including its hits "Desperate Housewives" and "Lost," on its Web site. For this two-month test launching in May, the episodes will be free, though accompanied by unzappable commercials. This is "just the beginning" of what lies ahead, ABC has pledged.

Of course, Apple's iTunes already lets us download, for permanent access, current episodes of ``Lost" - with no commercials, but at a cost of \$1.95 _ along with a rash of other programming, from ``Jackass" to ``Dora the Explorer." (And how cool is it to watch your shows on that tiny, carry-anywhere iPod screen!)

But how many choices can we sift through even now, at the outset of this TV-PC courtship? Already the options are daunting: old or new; free or fee; streaming or download; on loan or for keeps; fuzzy, postage-stamp-size picture or full-screen, razor-sharp display.

Which brings me back to Google Video, and its sundry fare including ``Twilight Zone" and ``The Brady Bunch" as well as Michael Jackson's ``Thriller" video and even segments of ``The Charlie Rose Show."

Unfortunately, the program I selected, "I Love Lucy," didn't make me laugh. The episode I spent \$1.99 to see should have been titled "Lucy Gets the Hiccups," playing out in fits and starts on my screen, impossible to watch. So did several other episodes, even when I switched to another computer.

Google's system entails downloading a video file, then maintaining the Internet connection to view it _ or, in my case, to make a futile attempt.

On yet another computer with an alternate broadband connection, I visited AOL's new In2TV site, where lots of so-called vintage shows can be streamed for free. But my luck wasn't much better. On a 30-year-old episode of ``Alice," the usually brassy waitress kept freezing in her tracks. Likewise, cranky mechanic Ed Brown on an episode of ``Chico and the Man."

So what were the lessons from my PC-watching foray? First, that free is no bargain when the show is unwatchable. Also: There can be a big difference in for-pay video sources (my iTunes transactions went without a hitch).

Mostly, I was reminded that the new age of Webcasts is in its infancy. Bugs and glitches abound. Not that we shouldn't all stay tuned. But it's too soon to see all the promises come true.

On the Net:

http://video.google.com http://www.youtube.com http://www.comedycentral.com

http://www.nbc.com http://www.cnn.com http://www.itunes.com http://www.aol.com/in2tv



(This is a partial listing of arts and entertainment events around metro Atlanta. Events may change without prior notice. We regret any misinformation. Please double check all listings. The listing is also available at www.theatlantavoice.com).

PERFORMANCES LADIES LOUNGE, Fridays

10 p.m. – 3 a.m. Tongue & Groove, 3055 Peachtree RD.

URBAN SOUL SUNDAYS

Live music. Dave & Buster's. I-75 @ Delk Rd. 770.951.5554.

Danny & Terri Harper, Tuesdays

Jam sessions at Churchill Grounds next to the Fox Theatre..

EARTHQUAKE, May 5

8 p.m. Atlanta Civic Center. 404.249.6400. **STYX, May 5**

8 p.m. Frederick Brown Amphitheater, Peachtree City. LAFF TIL U CRY COMEDY JAM, May 12

 $8~\mathrm{p.m.}$ Arnez J & Sheryl Underwood. Fabulous Fox Theatre. 404.249.6400.

MOTHER'S DAY GOSPEL EXPLOSION, May 14

3 p.m. Featuring Dottie Peeples. Earthlink Live. 404.249.6400

ICE CUBE, May 18

9 p.m. Earthlink Live

FRÂNKIE VALI & THE FOUR SEASONS, May 19-20

8 p.m. Frederick Brown Jr. Amphitheatre, Peachtree

THE ROOTS, May 22

8 p.m. Tabernacle.

CLARKE/DUKE PROJECT, May 26

7 p.m. Chastain Park Amphitheater 404.249.6400. **ROB THOMAS, May 29**

8 p.m. Chastain Park Amphitheater. 404.249.6400. **LIL J, XAVIER, TYRA B., B5, June 3**

8 p.m. Mable House Barnes Amphitheater. 404.249.6400.

BUDDY GUY, June 9

8 p.m. Atlanta Botanical Gardens. 404.249.6400.

STEVE HARVEY, June 11

8 p.m. Bell Auditorium, Augusta. 404.249.6400.

AL Di MEOLA PROJECT, June 11

7:30 p.m. Variety Playhouse. 404.249.6400.

RICKEY SMILEY, June 16

8 p.m. Atlanta Civic Center.

LOS LONELY BOYS, June 16

7:30 p.m. Chastain Park Amphitheatre. 404.249.6400. B.B. KING, NEVILLE BROTHERS, & DR. JOHN, June 21

7 p.m. Chastain Park Amphitheater. 404.249.6400.

THE ROOTS, June 22

8 p.m. Tabernacle.

TOM JONES, June 22

8 p.m. Chastain Park Amphitheater. 404.249.6400 **TONI BRAXTON, June 23**

8 p.m. Chastain Park Amphitheater. 404.249.6400 **DOOBIE BROTHERS, June 24**

8:30 p.m. Chastain Park Amphitheater.

THEATRE

ALLIANCE THEATRE CO. - Intimate Apparel

April 19-May 14. By Lynn Nottage. Set in 1905, the award-winning play tells the story of Ester, the talented seamstress daughter of slaves who has earned independence as a designer of lingerie for wealthy women. Pained at being just an observer to the love she thinks her clients enjoy, Esther's life changes when she begins receiving amorous letters from George, a laborer on the Panama Canal. Mainstage. Contains adult content. www.alliancetheatre.org.

ALLIANCE THEATRE HERTZ STAGE - ...," said SAID

April 7-30. By Kenneth Lin. The World Premiere of our second Kendeda Graduate Playwriting Competition at the Alliance Theatre winner, this riveting drama explores the tension between the deeds of one's past and present. The quiet life of Nobel Prizewining poet Andre Said (pronounced Sah-EED) and his daughter, Sarah, is interrupted by a mysterious visitor who can call the past back to life. Buried in the etchings of an ancient language, the agonies of Said's early years as a political prisoner in Algeria are unearthed in a climactic confrontation with his former captor. Contains adult content.

www.alliancetheatre.org.

ANSLEY PARK PLAYHOUSE – Peachtree Battle

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Peachtree St

I'M READY PRODUCTIONS - Confessions

April 25 – 29 Fabulous Fox Theatre. 404.249.6400 **HORIZON THEATRE CO. – Permanent Collection**

by Thomas Gibbons March 31-April 30.. Euclid & Austin Aves. In Little

Five Points. 404.584.7450. **7 STAGES THEATER – Nickel and Dimed**

Now until May . Adapted from the book by Barabara

Ehrenreich by Joan Holden. In 1998, journalist Ehrenreich went uncover to see how those living on minimum wages actually live. 1105 Euclid Ave, Atlanta. 404.523.7607.

EXHIBITS

APEX – African American Panoramic Experience 135 Auburn Ave. Atlanta

ATLANTA CONTEMPORARY ART CENTER

2005 Atlanta Biennial. This exhibition expands the traditional Atlanta Biennial focus from the artists within the Atlanta area. 535 Means St. 404.688.1970

CLARK ATLANTA ART GALLERIES - Mothers &

Daughters: Sisters of Tomorrow

10 a.m. – 5 p.m. Closed Sundays. 223 James P. Brawley Dr.

HIGH MUSEUM OF ART

Explore the new expansion to the High Museum of Art. Enjoy music both days in the new Sify Piazza. See the Andrew Wyeth: Memory and Magic Exhibition.. For more details see. www.high.org. or call 404.733-HIGH (4444).

HIGH MUSEUM OF ART FOLK ART AND PHOTOGRAPHY GALLERIES

"Faces and Places: Picturing the Self in Self-Taught Art and Land of Myth & Memory: Clarence John Laughlin and Photographers of the South." 133 Peachtree St., Georgia Pacific Center. Admission is free. www.high.org. 404. 577.6940.

MARIETTA/COBB MUSEUM

The Native America, 30 Atlanta St., Marietta. MICHAEL C. CARLOS MUSEUM

Excavating Egypt: Great Discoveries from the Petrie Museum of Archaeology, University College, London. 571 S. Kilgo Circle. 404.727.4282.

MUSEUM OF CONTEMPORARY ART OF GA. Georgia Collection, 1447 Peachtree St. Atlanta

OGLETHORPE UNIVERSITY MUSEUM OF ART – Masterpieces from European Artists Colonies, 1830-1930. Artist colony paintings gathered from 30 private and public collections in six European countries,

and public collections in six European countries, including works by Camille Pisarro, Paul Klee and Herman. Tuesday – Sunday, noon – 5 p.m. 404-364-8447.

SPELMAN COLLEGE MUSEUM OF FINE ART

Jan. 26 – May 13. Amalia Amaki Shakes the Winter Blues. Spelman Lane, Spelman College. www.muse-um.spelman.edu. Hours: Tuesdays – Fridays, 10 a.m. – 4 p.m., Saturdays, noon – 4 p.m.

STUDIOPLEX - The Long Walk to Freedom: Portals of Civil Rights Activists Then and Now. A photographic timeline of the march to civil rights. Tues.-Fri., 2-6 p.m.; Sat., 10 a.m. - 4 p.m. 659 Auburn Ave.

MAY 4 - 10, 2006

TRAVEL

The Cape Verde Islands of Africa

'Africa's best kept secret'

By Dolores Bundy

Rich in history, culture and tradition, the archipelago of Cape Verde is Africa's best kept secret. Ten unique islands clustered in the middle of the Atlantic Ocean some 300 miles off the West Coast of Africa, this former Portuguese colony and slave-trading post, beckons one to venture back in history. Despite its painful past of slavery, poverty, drought and famine, each of these islands has emerged with a heart-alluring uniqueness of enchanting colors, volcanoes, wonderful beaches, majestic mountains and a lunar-type landscape enriched by a generous cultural background.

Gaining their independence from Portugal in 1975, the Cape Verdean people are also unique with miscegenation of different people and cultures. From the 1500s, those imported as African slaves who were not sold to slave traders and remained through intermarriage of African and European races have structured the roots of the country's cultural identity. As a result, each island is characterized by a particular, unique way of life and tradition with intense cultural activates, exhibitions, music, plays and dances, right down to the "Creole" language they speak which varies from island to island, but understood by all in the archipelago.

There are only about a half a million people who inhabit nine of the ten islands of the archipelago; and ironically, just as many Cape Verdean's live in enclaves across the United States who can trace their roots back to a particular island in Cape Verde. The largest communities of Cape Verdean-Americans, whose ancestors are mainly Portuguese slave traders, live in the New England area of New Bedford, Brockton and Boston, Massachusetts; Providence and Pawtucket, Rhode Island; and parts of Connecticut. They know their roots so intimately that they can speak the language of their ancestors (Crioulo an Africanized Portuguese), and even cook their time-hon-

ored recipes.

This connection to the folks back home is growing rapidly among Cape Verdean-Americans, evidenced by the many organizations located around the U.S., such as the CapeVerde Care agency headquartered in Boston and the Cape Verdeans of Atlanta who have positioned themselves to retain and re-connect with their Old World links and support economic growth on the islands. Of interest is that outside their communities, Cape Verdeans as a group are virtually unknown, although some members have stood out, including the singing group Tavares, jazz pianist Horace Silver, pro baseball play-

er Davey Lopes, and the late bishop and evangelist Charles Manuel "Sweet Daddy Grace". It is also rumored that the late "Left-Eye Lopes" from the singing group TLC is Cape Verdean.

Independence came to Cape Verde in 1975, and with multi-party elections in 1991, the archipelago has been coined "the most democratic nation in Africa". This is mainly due to its learning to live with an identity crisis born of its history and geography and development of a homogeneous society free of ethnic com-

petition and the burdens of tradition. This is appealingly and apparent to all who visit the islands.

Santiago, Sao Vicente and Sal are the islands that give the most compelling look at this rare time in history. From the heart-wrenching slave-trade post of Tarrafal, to the magnificent beaches and the profuse music that incorporates African, Portuguese, Brazilian and Caribbean music, Cape Verde is intriguing; and its unique culture still holds much of its charm.

The Cape Verde Airlines (TACV) will take you there. Flights are limited but if you're prudent, TACV's luxurious and comfortable air travel from the United States, Europe and Africa can start as low as \$399.00 and inter-island flights for as little as \$20.00. Hotel accom-

modations are commensurate with most hotels, Praia Mar in Santiago is luxurious and the Residential Sodade in Sao Vicente is both comfortable and quaint. Depending on where you stay, prices vary from island to island but not greatly. By air, by land or by sea, there is much to see in Cape Verde; and the best sights and sounds can easily be found

Whether you are a sun and beach tourist, nature-oriented, culturally-driven, or just love great music and festivals, Cape Verde offers much in history, entertainment, inspiration and relaxation. Its breathtaking natural beauty, opportunity for adventure, entertainment and relaxation are abound enhanced by its privileged geo-strategic location (equidistant from North American continent and South Africa, and halfway between South America and Central Europe), and year-round warmth of the sun. Tahiti and her Islands have nothing on the Cape Verde Islands in this arena.

The Islands in brief:

Santo Antao: Characterized by mountain-driven tours, walking

tracks, deep valley floors, traditional sugarcane-derived rum manufacturing sites, its countryside is alive.

Sao Vicente: The most animated cultural center of the archipelago, it offers the music festival of Bala das Fatas which brings together island-famous, national and international groups. The festival takes place every year in August, and normally coincides with the week of the full moon. Other activities, include historic site-seeing, water sports,

beaches, profuse night entertainment, carnivals, and horsemanship.

Sao Nicolau: This is where recreational fisheries are plentiful with beaches, mountain-driven and nature guided tours, black sandy beaches, off-shore blue-water fishing and prolific cultural heritage.

Sal: Known for its beautiful virgin, beach-front properties, water sports, windsurfing, skin-diving, fishing, swimming and mini-golf courses and tennis courts.

Boavista: Offers dune-dominant sand and beaches, water sports i.e. windsurfing, scuba diving and underwater sea fishing.

Maio: Exploration tours and water sports abound here, rich marine animal species, gold, sandy virgin beaches, walking tracts.







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NOTICES

NOTICE OF INCORPORATION

Notice is given that articles of incorporation that will incorporate Adair Retail Group, *Inc.* has been delivered to the Secretary of State for filing in accordance with the Georgia Business Corporation Code. The initial registered office of the corporation is located at 5305-C Fulton Industrial Blvd. Atlanta, Georgia 30336 and its initial registered agent at such address is Barbara Kissell.

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NOTICE OF PUBLIC HEARINGS

Notice is hereby given that the Board of Directors of the Metropolitan Atlanta Rapid Transit Authority will hold Public Hearings for the purpose of considering:

PROPOSED BUS SERVICE MODIFICATIONS
Tuesday, May 9

Tuesday, May 9

Johnson Ferry East Apartments
Dekalb Housing Authority
2248 Johnson Ferry Rd, Atlanta 30319
7:00 PM
Riding MARTA: Bus Route 29

Atlanta City Hall Council Chambers
55 Trinity Ave, Atlanta 30303
7:00 PM

Riding MARTA: Bus Routes 10, 21, 49, 55, 97 from the Five Points Station;

Special Bus Shuttle will be provided from the Five Points Station.

North Fulton Service Center 7741 Roswell Rd. Atlanta 30350 7:00 PM

Riding MARTA: Bus route 87 from the North Springs Rail Station

East Point City Hall Auditorium 2777 E Point St, East Point 30344 7:00 PM

Riding MARTA: Walk two blocks from the East Pont MARTA Station or ride Bus Route 84 one block to auditorium.

Major Changes	Days Affected	Recommended Service Revisions
Route 3 - Auburn Ave./M.L. King	Weekday, Sat & Sun	Move the segment between Irwin St. and Candler Park Station to route 197. Eliminate segment on M.L. King Jr. Dr. between Forsyth St. and Northside Dr. Operate service via Peters St., Fair St. and Northside Dr. Eastbound and Westbound directions. (Currently operated Eastbound directions only).
Route 13 - Fair St./North Ave	Weekday, Sat & Sun	Reconfigure service by splitting route 13 to Northern and Southern segments. Southern segment to operate Westlake Station to Five Points Station (Marietta St.). Northern segment (new route 113-North Ave./Five Points) providing service between North Ave. Station, Coca Cola, North Yard Business Park, The Roosevelt House and Five Points Station (Marietta St.).
Route 22 - Second Ave.	Weekday, Sat & Sun	Eliminate Loop that operates From East Lake Station via Sisson Ave., Delano Dr., Kirkwood Rd., Hosea Williams Dr., Howard St., College Ave. and back into East Lake Station.
Route 29 - Donaldson	Weekday	Eliminate all Service (See Routes # 70 and #329)
Route 38 - Chastain	Sat	Eliminate Saturday Service
Route 44 - West Wesley	Weekday	Remove mid-day service
Route 45 - Virginia/Emory Village	Weekday	Expand mid-day frequency from 30 to 60 minutes
Route 69 - Dixie Hills	Weekday	Reduce peak periods from 20 minutes to 40 minutes all day.
Route 70 - Chamblee	Weekday, Sat & Sun	Restructure route to serve the Perimeter area via Chamblee Station to Johnson Ferry Rd., Ashford Dunwoody, Hammond Dr. to Dunwoody Station.
Route 72 - Virginia Ave	Weekday	Expand frequency from 15/18 to 25/40
Route 74 - Flat Shoals	Weekday	Eliminate mid-day segment that operates via John Wesley Dobbs, Jesse Hill Jr., Edgewood Ave., Piedmont Ave., and Auburn Ave.
Route 77 - Hapeville	Sat & Sun	Eliminate Saturday and Sunday Service
Route 124 - Chamblee Tucker	Weekday & Sat	Move segment between Doraville Station and Chamblee Station to new small bus Route 329 (Monday-Friday service only)
Route 140 - Mansell Rd.	Weekday, Sat & Sun Sat	Eliminate Great Oaks Dr. Loop Increase frequency from 60 minutes to 45 minutes all day. Discontinue service to South Academy Loop (operate same as Sunday Service)
Route 197 - Atlanta Ave	Weekday, Sat & Sun	Reduce frequency to 70 minutes and reduce hours of service. Add route segment from Route 3.
Route 329 - New Peachtree Rd./ Post Brookhaven	Weekday	New small bus service between Doraville Station, Chamblee Station and Post Brookhaven Apartments (see Routes #29 and #124)

Copies of the bus modifications will be available for public inspection before each hearing from 5:30 p.m.-6:30 p.m. In addition, copies will be available at MARTA's Office of Transit System Planning, 2424 Piedmont Road, NE Atlanta, Georgia 30324 during regular business hours (8:30 a.m. -5:00 p.m.).

Patrons may request information in accessible format by calling MARTA's Office of Diversity and Equal Opportunity at (404) 848 5240. For those patrons requiring further accommodations, information can be obtained by calling the Telephone Device for the Deaf (TDD) at 404 848-5665. In addition, a sign language interpreter will be available at all hearings.

If you cannot attend the hearings and want to provide comments you may: (1) leave a message at (404) 848- 5660; write to MARTA's Office of Research & Analysis, 2424 Piedmont Road, NE Atlanta, Georgia 30324-3330; complete an online Comment Card at www.itsmarta.com; or fax your comments no later than May 16, 2006 to (404) 848-5132.

All citizens of the City of Atlanta and the Counties of Fulton, DeKalb, Clayton and Gwinnett whose interests are affected by the subjects to be considered at these hearings are hereby notified and invited to appear at said times and places and present such evidence, comment or objection as their interests require.

Richard J. McCrillis, Interim General Manager/CEO

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IN THE UNITED STATES DISTRICT COURT IN AND FOR THE MIDDLE DISTRICT OF ALABAMA SOUTHERN DIVISION

MARY V. WILLIAMS and)	
TERRENCE D. MERRIWEATHER		
and FANNIE FIELDS, on Behalf of		
Themselves and all Others Similarly)	
Situated,)	
)	
Plaintiffs,)	
)	
v.		
) Civil Action No.: CV-02-T-877-S	
NATIONAL SECURITY INSURANCE	SUMMARY NOTICE OF THE	
COMPANY,	PENDENCY OF CLASS ACTIO)N
	PROPOSED SETTLEMENT, A	NI
Defendant.) HEARING	

TO ALL MEMBERS OF THE FOLLOWING CLASS:

ALL PERSONS WHO EVER PURCHASED, PAID FOR, OWNED, WERE INSURED UNDER, OR HAD ANY OWNERSHIP, BENEFICIARY,OR OTHER LEGAL INTEREST OF ANY KIND IN ANY RACE-DISTINCT LIFE INSURANCE POLICY, ENDOWMENT POLICY, MERCHANDISE BURIAL INSURANCE POLICY, OR OTHER RACE-DISTINCT POLICY ISSUED OR ASSUMED BY NATIONAL SECURITY INSURANCE COMPANY AND INSURING A MEMBER OF A RACIAL MINORITY.

If you are a member of a racial minority and you purchased an insurance policy from National Security Insurance Company on or before December 31, 1980, you may be a member of the Class described above. You may also be a member of the Class described above if you are a racial minority and if you purchased a policy originally issued by one of the following companies on or before December 31, 1980, which policy was later assumed by National Security Insurance Company.

If you are the insured under any such policy, or if you have an ownership interest, legal interest, or any other beneficial interest in any such policy which insures or insured a member of a racial minority, you are hereby notified, pursuant to Rule 23 of the Federal Rules of Civil Procedure and an Order entered by this Court on December 12, 2005, that your rights may be affected by the above-styled class action and by a proposed settlement which will provide benefits to all members of the Class described above, if approved by the Court ("the Settlement"). In determining whether you are a member of the Class described above, you should be aware that the following Terms have the following meanings for purposes of this document:

"Endowment Policy" means an insurance policy that provides a death benefit for a stated period of time or a cash payment to the owner if the insured survives said stated period.

"Merchandise Burial Policy" or "Merchandise Burial Policies" means those policies which, as originally written and issued, included benefits in the form of any combination of burial services (such as a funeral or the services of a funeral director) or burial merchandise (such as a casket, a monument, a burial vault, a suit or dress, or similar items).

"Race-Distinct" or "Race-Distinct Policies" means those industrial life, endowment or burial insurance policies issued to members of Racial Minorities at dual rates or dual benefit structures based upon the race of the insured, with Racial Minorities being charged higher rates or receiving plans with lower benefits than similarly situated Caucasian insureds and issued on or before December 31, 1980. Only Policies issued at higher rates (or lower benefits) to Racial Minorities are Race-Distinct Policies for purposes of this Settlement, and such Race-Distinct Policies are included in the Class and eligible for relief as set forth in the Settlement. The Policy Plan Codes identified as Race-Distinct are listed in Exhibit D.

"Racial Minorities" or "Racial Minority" shall mean any race other than Caucasian.

A Settlement Hearing to determine whether the proposed settlement should be approved by the Court will be held on May 11, 2006 at 10:00 a.m., in the United States District Court for the Middle District of Alabama, B110 Frank M. Johnson, Jr. U.S. Courthouse Complex, One Church Street, Montgomery, Alabama 36104. At the Settlement Hearing, any person affected by the settlement may be heard thereon, provided he or she complies with the Court's Orders regarding the submission of objections and notices of intention to appear. If you have not yet received the package entitled "Notice of Proposed Settlement of a Class Action Lawsuit," which more fully describes the settlement and the procedures for submitting claims, requests for policy reinstatement, objections, and notices of intention to appear at the settlement hearing, you may obtain a copy thereof by calling or writing to the National Security Settlement Administration Center at the following address and telephone number:

National Security Settlement Administration Center

P.O. Box 307 Elba, AL 36323 Telephone: 1-800-693-7506 TDD/TTY: 1-800-693-7508

The entire court file in this action is available for examination during regular office hours at the office of the CLERK, United States District Court for the Middle District of Alabama, Southern Division, B110 Frank M. Johnson, Jr. U.S. Courthouse Complex, One Church Street, Montgomery, Alabama 36104.

Class Members will be bound by the Settlement and all of its terms. Among other things, the Settlement provides for increased policy benefits in exchange for a broad release of claims by Class Members against National Security Insurance Company, including but not limited to a release of all claims related in any way to racial discrimination in pricing, design, or sale of any of the policies included in the Class. The Settlement will resolve claims of Class Members arising from the historical practice of issuing policies at higher rates or lower benefits to members of racial minorities than to Caucasian insureds. (National Security does not currently sell policies at different prices or benefit levels depending upon the race of the insured, but is alleged to have done so in the past).

If you or a deceased relative are racial minorities and currently or previously were insured under polices described above, you should contact the National Security Settlement Administration Center to obtain a full copy of the Class Notice Package to the extent you have not already received one. **PLEASE DO NOT WRITE OR TELEPHONE THE COURT OR THE CLERK'S OFFICE FOR INFORMATION. ALL COMMUNICATIONS SHOULD BE DIRECTED TO THE NATIONAL SECURITY ADMINISTRATION CENTER.**







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FLXCR 02-05 Policy Form GSP2

OUT A VOICE CAN NOT BE HEARD

When good diets go bad: Some warning signs

By Candice Choi

One morsel of junk food, and Erica Esper would beat herself up over it the rest of the night.

"I had to eat like 900 calories a day. The only thing on my mind was that all I could eat was a piece of lettuce," said Esper, a 17-year-old from Albany, N.Y.

For Esper, what started as an innocent diet soon morphed into an obsession that consumed her life. She began to avoid social gatherings for fear she'd be tempted by food - and nagged by worried friends. Their concern, and her growing isolation, were signals to her that her diet had turned disastrous, and that she needed help.

Eating disorders, triggered by a wide range of factors, often start with an innocent diet, according to the National Eating Disorders Association. The group estimates that about 8 million Americans have such disorders, including anorexia and bulimia.

In a society that places such a high premium on thinness, dieters and those who care about them should watch for some red flags, experts say:

A-49130 (A_SM)

• A growing obsession with calories. "You can't be focused on every ounce, every pound. You have to take a long-haul approach" to fitness, said Cedric Bryant, president of the American Council on Exercise.

- Banishing entire food groups. Nutritionists say a healty diet includes many kinds of food, in moderation, rather than labeling foods as "good" or "bad."
- A compulsive need to exercise. What begins as a healthy way to stay in shape can go overboard. "Rather than feeling good about losing weight, people can experience increasing dissatisfaction with their bodies," said Sharon Alger-Mayer, a nutritionist at Albany Medical Center.
- •- Social isolation, chronic fatigue, loss of concentration.

The normally chipper Esper began by picking at her food when out with friends. Then she wouldn't eat anything at all, and eventually she began avoiding get-togethers.

"My friends asked if it was worth living that way," said Esper, who started therapy a year ago to cope with her depression and obsession with weight.

Seeing a therapist has helped her get back

on track to enjoying life and friends, she said. She still wants to lose some weight she's recently gained, but the thought doesn't rule her life anymore.

"I know there's more to me than my weight," she said.

In extreme cases, people with eating disorders can experience more severe effects like slower heart rates and loss of menstrual cycles.

Young girls and women, who are more prone to dieting, need to be particularly careful that their habits don't get out of control.

"Starting a diet should be taken as seriously as having the first beer - (diets) have to be monitored with equal concern," said Cynthia Bulik, director of the eating disorders program at the University of North Carolina at Chapel

Source: Associated Press

National Eating Disorders Association, http://www.anad.org/

National Association of Anorexia Nervosa and Associated Disorders, http://www.anad.org/

Tips for healthy dieting

From The Associated Press

When embarking on a weight loss regimen, the experts say to keep in mind:

- Healthy behavior is built on small, gradual changes. Picking fruit over potato chips, or taking the stairs instead of an elevator might be good ways to start.
- Never let dieting take priority over relationships, work and family. Lead a balanced life. Ultimately, any change in behavior should be driven by a desire to be healthy, not to lose weight.
- Celebrate personal qualities and skills, not just physical attributes. Parents looking to instill healthy habits in children should remember to value things like creativity or intelligence, not just the ability to eat right.
- When signs of an eating disorder surface, friends and relatives should intervene as soon as possible. Mental health professionals counsel gentle persuasion over hard lobbying, and suggest offering the names of professionals rather than trying to "save" someone on their own.

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